

## Register for the Fall 2014 Semester at SFCC!

Santa Fe Community College will continue to offer online nutrition courses this fall. These 14-week nutrition courses begin on September 8, 2014 and end on December 13, 2014. ***Although most of the nutrition courses may appear full a few seats have been set aside for WIC students. Please register as early as there is limited space.***

***Please see page 2 of this document for special and detailed instructions for WIC staff to enroll early.***

Nutrition courses offered this spring are (black font—highly recommended for Montana WIC; blue font—good; purple font—acceptable):

- **NUTR 121 Dietary Guidelines CRN 21060**  
Presents and explains in detail “The Dietary Guidelines for Americans” developed by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services.  
*No text required for this course*
- **NUTR 200 Nutrition** (3 sections-register for one only) **CRN 20553, 20554 or 21418**  
Basic principles of nutrition, including functions, interactions and human requirements of nutrients in maintaining optimum health.  
Required Text: *Nutrition & You*, 3<sup>rd</sup> ed. ISBN 9780321960917
- **NUTR 205 Nutrition in the Life Cycle CRN 20555**  
Nutritional needs and recommendations for pregnancy, infancy, childhood, adolescence, adulthood and the elderly.  
Required Text: *Nutrition through the Life Cycle*, 5th ed. ISBN 9781133600497
- **NUTR 206 Community Nutrition CRN 21187**  
Food and nutrition issues and public health programs related to individuals, families and groups living in a defined area.  
*No text required for this course*
- **NUTR 209 Nutrition in Chronic Disease CRN 20556**  
Review of the relationship between nutrition and obesity, diabetes, hypertension, heart disease and cancer.  
*No text required for this course*
- **NUTR 221 Diabetes Management CRN 20558**  
Prevention and management of diabetes including blood glucose control, insulin and medication, nutrition and exercise recommendations, and the prevention of complications.  
Required Texts: *Complete Guide to Diabetes* 5<sup>th</sup> ed, ISBN 9781580403306  
*Guide to Eating Right When You Have Diabetes* ISBN 9780471442226
- **NUTR 230 Nutrition for Fitness and Sport CRN 20559**  
Principles of nutrition in maintaining optimum health in the exercising adult. Effects of exercise on nutritional requirements and guidelines for their use are emphasized.  
Required Text: *Practical Applications in Sports Nutrition*, 4th ed, ISBN 978-1284036695

The textbooks required above may be ordered and shipped through the SFCC bookstore (505.428.1218) using a credit card OR through most major online booksellers. **Important:** Students *should have their text available the first day of class.*

### **Instructions for Registration:**

1. All **new** SFCC students must first complete an online application before registering for any courses.
2. To register for nutrition classes email Gretchen Scott at [gretchen.scott@sfcc.edu](mailto:gretchen.scott@sfcc.edu) with the following information:  
Name and A #  
CRN # of nutrition course(s) you would like to register for (see course list above)
3. Individual students enrolling and paying their own tuition may call the Cashier's Office at 505 428-1211 to make a payment over the phone with a Visa, Master Card or Discover credit card. Students can also set up a payment plan or pay online through their JACK account: under the *Registration* Tab click on *Pay Online* and follow the prompts); contact the Cashier's Office (505) 428-1211 for assistance.
4. Third party payers must email the following information to Linda Pena at [linda.pena@sfcc.edu](mailto:linda.pena@sfcc.edu) or to [thirdparty@sfcc.edu](mailto:thirdparty@sfcc.edu)

Purchase order # or letter of intent to pay  
Student name(s)  
Student A#  
Student phone number  
Course(s) each student is enrolling i

**\*\*Payments for Third Party account must be made by July 30, 2014. If the student is enrolling between July 31 and Aug 20, payment must be made by Aug 20. If the student is enrolling between Aug 21 and Aug 27, payment must be made by Sep 3, 2014**

Students can access their courses the first day of class by following the CANVAS link on the SFCC homepage/public website.

Please go to the public site for Santa Fe Community College [www.sfcc.edu](http://www.sfcc.edu) for more detailed information about the college (enrollment of new students, college catalog, student handbook, phone numbers, online course access, etc.)

### **For specific information or questions contact the following individuals:**

Technical problems with registration or online courses: Help Desk 505.428.1222

Tuition/registration payment 505.428.1211

Bookstore 505.428.1218

Nutrition course content information-Gretchen Scott [gretchen.scott@sfcc.edu](mailto:gretchen.scott@sfcc.edu) 505.428.1311